Determining the CREDITABILITY* of Milk Substitutes

Instructions:

Determine the manufacturer's serving size.

Nutrition I Serving Size 1 cup (8 fl. of Servings Per Container a	z.) 240 mL
Amount Per Serving	
Calories 130 Calories	s from Fat 35
	% Daily Value
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%

Compare the nutrients on the label to the nutrients required for milk substitutes.

Amount Per Serving					
	_				
Calories 130	Ca	lories from Fat 3			
		% Daily Value			
Total Fat 4g		69			
Saturated Fat C	g 3 %				
Trans Fat 0g					
Cholesterol 0mg	0%				
Sodium 150mg	69				
Potassium 380m	119				
Total Carbohydra	14g 5%				
Dietary Fiber 1	49				
Sugars 10g					
Protein 10g					
Vitamin A 10%	•	Vitamin C 0%			
Calcium 50%		Iron 10%			
Vitamin D 25%		Vitamin E 25%			
Riboflavin 30%		Vitamin B6 25%			
Vitamin B12 25%		Phosphorus 159			

Example:
Check the listed
nutrients against either
the nutrient values, the
daily values or the % of
daily values.

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Find the corresponding serving size on the criteria chart.

Nutrient Criteria Required for Milk Substitutes (Minimum Required Nutrients) May mix and match columns								
	1 Cup Serving Size							
	Nutrient	Meets or	Daily	Meets or	% Daily	Meets or		
Nutrients	Values	Exceeds	Values	Exceeds	Values	Exceeds		
Calcium	276 mg		1000 mg		30% DV			
Protein	8 g		50 g		8 g			
Vitamin A	500 IU		5000 IU		10% DV			
Vitamin D	100 IU		400 IU		25% DV			
Magnesium	24 mg		400 mg		6% DV			
Phosphorus	222 mg		1000 mg		20% DV			
Potassium	349 mg		3500 mg		350 mg or 10% DV			
Riboflavin	0.44 mg		1.7 mg		25% DV			
Vitamin B12	1.1 mcg		6 mcg		20% DV			

g = grams; mg = milligrams; mcg = micrograms; IU = international units:

DV= daily value-standard developed by FDA for use on food labels

*Creditable - A food item that meets all CACFP requirements.

Determine if the amount on the manufacturer's label is equal to or more than the amount on the criteria chart. It is okay to mix and match columns. If the answer is yes, the milk substitute is creditable. If any one of the amounts of the required nutrients falls below the value, or is missing, the milk substitute is not creditable. You will need to get the complete nutrient information which may be listed on the manufacturer's website. If it is not on the website, you may need to call or write the manufacturer for the information.

After it is determined that the milk substitute is creditable, serve the normal amounts for the age group that would meet the milk component requirements:

1 - 2 years ½ cup for breakfast, snack, and lunch

3 – 5 years 3/4 cup for breakfast and lunch, ½ c for snack

6 - 12 years 1 cup for breakfast, snack, and lunch

Keep all documentation to prove creditability of the substitution.